



Turkey, Cheese & Vegetable Stuffed Potatoes

Prep Time: 5 minutes

Cook Time: 1 hour, 10 minutes

Cost per serving: \$1.33

What you need:

Utensils:

- Foil
- Medium sauce pan
- Measuring cups & spoons
- Knife
- Cutting board

Ingredients:

- 2 baking potatoes
- ½ cup frozen mixed vegetables
- 2 slices (4 ounces) cooked turkey breast, diced
- 1 can (10 ounces) condensed cream of broccoli soup
- ¼ cup fat free sour cream
- ¼ cup fat free milk
- ⅛ teaspoon garlic powder
- ⅛ teaspoon black pepper
- ½ cup grated reduced fat cheddar cheese
- 2 green onions, washed and chopped

What to do:

1. Wash hands and cooking area.
2. Wash & scrub potatoes; cover in foil & bake for 1 hour at 350°F.
3. In a medium sauce pan, combine vegetables, turkey, soup, sour cream, milk, garlic powder, and pepper & mix well.
4. Over medium heat, simmer the mixture for about 5 minutes stirring occasionally.
5. Cut warm potatoes lengthwise & squeeze them open.
6. Spoon equal portions of soup mixture down the center of potatoes.
7. Sprinkle with cheddar cheese & green onions.



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Nutrition Facts

Serving Size 1/2 Stuffed Potato
Servings Per Container 4

Amount Per Serving

Calories 230 **Calories from Fat 45**

% Daily Value*

Total Fat 5g **8%**

 Saturated Fat 2.5g **13%**

 Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 380mg **16%**

Total Carbohydrate 30g **10%**

 Dietary Fiber 5g **20%**

 Sugars 4g

Protein 17g

Vitamin A 10% • Vitamin C 40%

Calcium 30% • Iron 10%